

USDA National Nutrient Database for Standard Reference Release 28

Basic Report 11054, Beans, snap, green, canned, regular pack, solids and liquids

Report Date: December 09, 2015 19:12 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 240g	1 can total 423g	can contents
Proximates					
Water	g	95.06	228.14	402.10	
Energy	kcal	15	36	63	
Protein	g	0.72	1.73	3.05	
Total lipid (fat)	g	0.17	0.41	0.72	
Carbohydrate, by difference	g	3.27	7.85	13.83	
Fiber, total dietary	g	1.5	3.6	6.3	
Sugars, total	g	1.25	3.00	5.29	
Minerals					
Calcium, Ca	mg	29	70	123	
Iron, Fe	mg	1.02	2.45	4.31	
Magnesium, Mg	mg	13	31	55	
Phosphorus, P	mg	18	43	76	
Potassium, K	mg	92	221	389	
Sodium, Na	mg	192	461	812	
Zinc, Zn	mg	0.36	0.86	1.52	
Vitamins					
Vitamin C, total ascorbic acid	mg	2.2	5.3	9.3	
Thiamin	mg	0.015	0.036	0.063	
Riboflavin	mg	0.020	0.048	0.085	
Niacin	mg	0.200	0.480	0.846	
Vitamin B-6	mg	0.030	0.072	0.127	
Folate, DFE ^a	μg	26	62	110	
Vitamin B-12	μg	0.00	0.00	0.00	
Vitamin A, RAE	μg	13	31	55	
Vitamin A, IU	IU	263	631	1112	
Vitamin E (alpha-tocopherol)	mg	0.02	0.05	0.08	

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	
Vitamin D	IU	0	0	0	
Vitamin K (phylloquinone)	µg	29.0	69.6	122.7	
Lipids					
Fatty acids, total saturated	g	0.040	0.096	0.169	
Fatty acids, total monounsaturated	g	0.007	0.017	0.030	
Fatty acids, total polyunsaturated	g	0.090	0.216	0.381	
Fatty acids, total trans	g	0.000	0.000	0.000	
Cholesterol	mg	0	0	0	
Other					
Caffeine	mg	0	0	0	

Footnotes

^a Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid

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